

# SAFETY ON THE LINE

A service of the NASA KSC Safety and Mission Assurance Directorate

August 2006

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*"Whether you believe you can do a thing or not, you are right." Henry Ford*

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## Heat Stress

*is a product of environmental heat, metabolic heat from work and clothing requirements. Personal risk factors and mitigating actions influence outcomes.*

A worker's body functions well to dissipate body heat. With low to moderate heat stress, discomfort may be experienced but health effects are not serious. However, as heat stress increases, the risk of heat related disorders increases.

### Signs and Symptoms of heat related disorders

- Dehydration Dry mouth, fatigue, weakness, increased response time
- Syncope (Fainting) Blurred vision, lightheaded feeling, fainting
- Heat Rash Itching and/or reduced sweating, red skin rash
- Heat cramps Painful muscle cramps
- Heat Exhaustion Fatigue, weakness, dizziness, headache, profuse sweating, pale face
- Heat Stroke Chills, hot (usually dry skin), shivering, collapse, convulsions

**Treatment** for mild cases of dehydration, heat rash and heat cramps go to the OHF clinic.

**Treatment** for more severe cases and in all cases with symptoms of heat exhaustion or heat stroke call 911 immediately.

### Protecting Yourself in the Sun

1. Drink plenty of water before and during outdoor activity.
2. Wear light, loose-fitting, breathable clothing.
3. Take frequent short breaks in a cool shaded area.
4. Eat smaller meals before outdoor activity.
5. Avoid caffeine and alcohol or large amounts of sugar.
6. Work in the shade or during the coolest parts of the day.
7. Build up a tolerance to the heat and outdoor activity.
8. Learn the signs and symptoms of heat related illnesses.
9. Learn what to do if someone has symptoms of heat stress.

*Information courtesy of the OSHA Website and CHS Environmental Health.*

For further information contact Gary Bergstrom, CHS Heat Stress Program Manager at 867-2400

or visit the following websites: OSHA - <http://www.osha.gov/SLTC/heatstress/index.htm>

SGS/CHS - <http://sgs.ksc.nasa.gov/sgs/sites/other/chs/omehs/ehs/home/ihheat.cfm>

National Weather Service – <http://noaa.gov/index.html>

Do you have questions, comments, or an article you would like to submit? Contact Marguerite Davis at 867-8520 , fax number 867-1120, mail code SA-E or e-mail them at "Safety on the Line" found in your global address list. Safety on the Line is also on the Web at <http://sotl.ksc.nasa.gov>.

